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## HEAD-MOUNTED DISPLAY SYSTEM

## ABSTRACT OF THE DISCLOSURE

A head-mounted display system displays information via a matrix display element mounted within a housing that is positioned relative to at least eye of a user. The display is connected to a video or information source such that the user can view information or images shown on the display. The display can be mounted to a frame so that the user can move the display in and out of the user's field of view without adjusting the supporting harness that holds the display on the user's head.